

**MONDAY****Breakfast**

Poached Farm Fresh Eggs on Grilled Polenta Rounds with Black Bean Salsa and Cilantro Queso Sauce

**Lunch**

Classic Caesar Salad with Focaccia Croustons, Pecorino and Anchovies

Portabella Mushroom and Artichoke Soup

Multigrain Whole Wheat Roll

**Snack**

Smoked Almonds and Grapes

**Dinner**

Whole Wheat Lasagna Bolognese with Italian Style Green Beans

**Dessert Snack**

Tiramisu

**TUESDAY****Breakfast**

Fresh Fruit and Granola with Honey Poppy Seed Yogurt

**Lunch**

Balsamic Glazed Chicken Panini with Caramelized Onions, Tomato and Baby Greens and Light Pesto Mayonnaise on Pressed Whole Wheat Sub Roll

**Snack**

Vegetable Crudités and Dip

**Dinner**

Mongolian Beef and Broccoli with Whole Wheat Noodles

**Dessert Snack**

Grilled Pineapple with Coconut Cream

**WEDNESDAY****Breakfast**

Corn Crusted Whole Wheat French Toast with Chopped Pecans and Pure Maple Syrup

**Lunch**

Classic Cobb Salad with Grilled Chicken Breast, Turkey Bacon, Blue Cheese, Avocado on a Garden Salad with Balsamic Vinaigrette

**Snack**

Hummus and Whole Wheat Pita Chips

**Dinner**

Mustard Crusted Pork Tenderloin with Caper Sauce, Sweet Potato Pancakes and Sweet and Sour Red Cabbage

**Dessert Snack**

Apple Tart

**THURSDAY****Breakfast**

Broccoli and Cheddar Quiche with Sliced Tomato

**Lunch**

Greek Style Shrimp Wrap with Feta, Roasted Garlic, Tomato, and Kalamata Olives with Cucumbers, Field Greens and Greek Dressing in a Tomato Flat Bread Wrap

**Snack**

Assorted Dried Fruits

**Dinner**

Braised Beef and Vegetables in Cabernet Thyme Sauce with Herb Roasted Red Skin Potatoes

**Dessert Snack**

Strawberry Puff Pastry Short Cake

**FRIDAY****Breakfast**

Spinach, Mushroom and Cheese Omelet with Turkey Sausage and Crusty Whole Wheat Roll

**Lunch**

Thai Chicken and Noodle Salad on a Bed of Baby Greens with Sesame Ginger Dressing

**Snack**

Root Vegetable Chips with Guacamole

**Dinner**

Grilled Boneless Pork Chops with Chardonnay Mustard Sauce, Israeli Couscous and Squash and Apple Sautee

**Dessert Snack**

Key Lime Tarts

**SATURDAY****Breakfast**

Pecan and Brown Sugar Oatmeal with Fresh Peaches

**Lunch**

Adobo Rubbed Sesame Seared Tuna with Chilled Saffron Couscous, Black Bean Salsa, Wasabi Crème Fraiche and Wilted Cucumber

**Snack**

String Cheese and Olives

**Dinner**

Chicken and Vegetable Curry with Basmati Rice

**Dessert Snack**

Bananas Foster Crepes

**SUNDAY****Breakfast**

Huevos Rancheros with Black Bean Puree on Baked Corn Tortillas

**Lunch**

Crab and Artichoke Salad with Sliced Turnips, Mushrooms and Grapefruit with Lemon Dill Vinaigrette

**Snack**

Turkey, Asparagus and Cream Cheese Rolls

**Dinner**

Seared Tenderloin of Beef Au Poivre with Green Peppercorn Demiglaze, Sweet Potatoes Au Gratin and Garlic Laced Sautéed Broccoli

**Dessert Snack**

Dark Chocolate Dipped Strawberries

